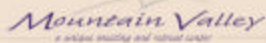




**Virginia Green Lodging** is the Virginia Department of Environmental Quality's (DEQ) initiative to promote pollution prevention (P2) practices in the tourism and hospitality industry. *Green Lodging* encourages hotels, resorts, and other hospitality operations to be aware of their impact on the environment and to take steps to reduce these impacts. *Green Lodging* is a non-regulatory program, and participation is completely voluntary and free of charge.

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## Virginia Green Lodging Profile:



Mountain Valley  
a serene meeting and retreat center

# Mountain Valley Meeting & Retreat Center Harrisonburg, Virginia

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Mountain Valley is a conference and retreat center located in the heart of the Shenandoah Valley on 260 acres. The main lodge is a completely remodeled pre-Civil War home with overnight lodging and dining facilities. There is an adjacent meeting complex and cabins. Groups and events of all types can be accommodated. Mountain Valley is committed to environmental excellence and works to minimize environmental impacts whenever possible.

**Green Lodging Activities.** When visiting Mountain Valley, you can expect the following practices:

- 🌱 **Optional linen service** in rooms
- 🌱 **Recycling** opportunities for guests
- 🌱 **Water Conservation**
- 🌱 **Energy conservation**
- 🌱 **Green events/conference package**

- Train house cleaners on process of optional linen service
- Recycle glass, aluminum cans, steel cans, grease, plastic, office paper, toner cartridges, newspaper, cardboard, packing supplies, fluorescent lamps, batteries, and electronic equipment
- Track overall waste bills
- Instruct housekeeping to save and reuse unopened items
- Eliminate use of Styrofoam
- Use dishware and glassware to minimize use of disposables
- Use non-bleached napkins and coffee filters
- Provide condiments, cream and sugar in bulk
- Refill water pitchers to minimize single use bottles
- Donate excess food from events
- Implement effective food inventory system to minimize waste

- Purchase locally grown produce and other foods
- Encourage suppliers to minimize packaging and other waste materials
- Purchase from vendors and service providers with a commitment to the environment
- Use two-sided copying and printing
- Use electronic correspondence and forms
- Use “green” cleaners that are dispensed in bulk
- Purchase durable equipment and furniture
- Purchase low-VOC carpets and fabrics
- Use reused building materials or those from sustainable sources
- Use latex paint and reuse paint thinners
- Recycle/dispose of thinners and solvents properly
- Use preventative maintenance on all appliances, HVAC systems, plumbing and vehicles
- Effective inventory system and labeling of last-in/first-out
- Use least toxic materials
- Minimize use of pesticides and herbicides
- Use integrated pest management
- Track overall water usage and wastewater
- Preventative maintenance of drips and leaks
- Water flow metering to discover leaks and areas of high use
- High efficiency dishwashers
- Use dry clean up methods over water-based methods
- Effective landscape management plan
- Minimization of impervious areas
- Vegetative buffers around streams and ponds
- Tracking overall energy bills and set a numeric goal to reduce
- Use high efficiency compact fluorescent light bulbs in rooms and spotlights
- Have High Efficiency Heating & Air Conditioning and use ceiling fans
- Use natural lighting whenever possible
- Individual thermostats in each room
- Thermal rated windows and insulation
- Use directional lighting in parking lots and walkways




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For more information on **Mountain Valley**, see  
[www.mountainvalleyva.com](http://www.mountainvalleyva.com).

For more information on **Virginia Green Lodging** program, see  
[www.deq.virginia.gov/p2/lodging](http://www.deq.virginia.gov/p2/lodging).



**Virginia Green Lodging** program is a supporting partner of **Virginia Green**, the Commonwealth’s campaign to encourage environmentally-friendly practices in all aspects of Virginia’s tourism industry. Virginia Green is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

